



A PRE-EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING ABOUT KNOWLEDGE REGARDING CYBERBULLYING AND IT'S PREVENTION AMONG ADOLESCENCE IN SELECTED COLLEGES.

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ABSTRACT

Aims: - To evaluate the effectiveness of planned teaching about knowledge regarding cyberbullying and it's prevention among adolescence in selected colleges. **Material and Methods:** - Non probability convenient sampling technique was used to select the sample. Quantitative research approach with pre- experimental one group pre-test post-test research design was used. The data collected during the month of February 2021 among adolescence. Total 100 samples were selected by using sample calculation formula. After obtaining consent from the subject demographic data, structured questionnaire for knowledge was administered and data were collected. **Result:-** The comparison between the mean of pre-test and post-test for knowledge showed that the mean of differences was 10.28, the calculated 't' value was 19.98. It showed that there was a significant improvement in the knowledge of adolescence regarding Cyberbullying and it's prevention. **Conclusion:-** The analysis of the study revealed that there was a significant improvement in the level of knowledge of adolescence. The planned teaching proved to be effective in improving the knowledge of adolescence in selected colleges.

KEYWORDS : Cyberbullying, Effectiveness, Prevention, Adolescence.

INTRODUCTION

Information and communication technology has become an integral part of our daily life. It has just transformed the way we communicate, make friends, share updates, play games and do shopping as well as so on.¹ The global advances in the use of this technology have many positive impacts on society. On the other hand, several negative consequences brought by this technology are inevitable, and cyberbullying is one among them.²

Cyberbullying is defined as an "aggressive, intentional act carried out by a group or individual, using electronic forms of contact, repeatedly and over time against a victim who cannot easily defend himself or herself."³

Cyberbullying can be regarded as "a new violence type of the era" especially among school children, adolescents, and youths. It is also considered a hidden epidemic.⁴

Back Ground Of The Study

The **top 3 countries** where cyberbullying is the most prevalent are **India, Brazil, as well as the United States**, but it is a common occurrence everywhere. In year 2018 India recorded highest rate of children falling victims to cyberbullying. **Over 37% of Indian parents** have admitted that their children have been victims of cyberbullying at least once, which is 5% more than 2016.⁵

555 cases on cyber stalking as well as cyber bullying of women have been registered across India in 2017 year, with Maharashtra registering the most number of 301 cases among the states. Andhra Pradesh include 48 cases, is at second position as well as 27 cases were reported from Telangana and Haryana each, putting them at third position.⁶

In this era of digitalization, advancing technology, increasing intrusion by the social media, "virtual" living, war, conflicts, disasters, the young face unique challenges. Cyberbullying, psychiatric illness, suicide, substance use, sexually related issues are some of the important challenges faced by the young which need special focus.⁷

Need For The Study

Modern technology is continuously evolving, and in recent times, it has manifested itself in a very serious social problem, namely cyber bullying. Modern technology is like as a double-

edged sword, on one hand it gives connectivity and on the other hand it increases emotional stress. As such, young internet users, including students, may be at the mercy of cyber bullies. The victims, under great emotional stress, are not able to concentrate on their studies, and thus their academic progress is adversely affected. Unfortunately little attention is given towards this global problem by institutions of higher learning, teachers, parents and emergency service providers.⁸

There is huge impact on mental health of cyberbullied victims. Cyberbullying can result in serious emotional problems for targets including anxiety, low self esteem, depression, less life satisfaction, low self esteem, stress, suicidal ideation and face drug and alcohol abuse. Those who are cyberbullied can feel more uncontrollability than those facing traditional bullying, because they have less control over who views the bullying and less ability to make the bullying stop.⁹

Objectives Of The Study

Primary objective

To evaluate the effectiveness of planned teaching about knowledge regarding cyberbullying and it's prevention among adolescence in selected colleges.

Secondary objectives

- To assess the pre-test level of knowledge regarding cyberbullying and it's prevention among adolescence in selected colleges.
- To assess the effectiveness of planned teaching about knowledge regarding cyberbullying and it's prevention among adolescence in selected colleges.
- To determine the association between knowledge regarding cyberbullying and it's prevention among adolescence in selected colleges with their selected demographic variables.

Hypothesis :-

Primary Hypothesis :-

H₀: There is no significant differences between pre-test and post test knowledge score regarding cyberbullying and it's prevention among adolescence which is measure at $p < 0.05$ level of significance.

H₁: There is significant difference between pre-test and post test knowledge score regarding cyberbullying and it's

prevention among adolescence which is measured at <0.05 level of significance.

Ethical Aspects:

- Prior permission was obtained from institutional ethical committee.
- Prior permission was obtained from selected colleges.
- Informed written consent was taken from the study subject.
- Anonymity and confidentiality was maintained throughout the study by coding numbers.
- The non prejudicial treatment of individual who declined to participate who withdraw from the study after agreeing to participate.

Sampling Criteria

Inclusion Criteria:

- Adolescence between age group 16-19 yrs.
- Students who are willing to participate in the study.
- Students who understand language English.
- Adolescence who are present in college during the period of data collection.

Exclusion Criteria:

- Students who are not having android mobile with various application.
- Students who had attended any previous classes on cyberbullying and it's prevention.

METHODOLOGY

Non probability convenient sampling technique was used to select the sample. Quantitative research approach with pre-experimental one group pre-test post-test research design was used. The data collected during the month of February 2021 among adolescence. Total 100 samples were selected by using sample calculation formula. After obtaining consent from the subject demographic data, structured questionnaire for knowledge was administered and data were collected.

Tools:-

Section –A: Demographic data

It comprised of 6 items seeking information on demographic data such as age, gender, residential area, type of family, no. of siblings and average usages of cell phones and computer per day.

Section –B: Structured questionnaire to assess the level of knowledge regarding Cyberbullying and it's prevention, which comprised of 30 multiple choice questions.

Table I- Categorization of level of knowledge

Sr. No	RANGE	LEVEL
1	1-7	Poor
2	8-15	Satisfactory
3	16-22	Good
4	23-30	Excellent

RESULT:-

The findings of the study includes, the analysis and interpretation of data collected from the adolescence in selected colleges. In this study, out of 100 subjects, most of the subjects 46(46%) belonged to 17 years age group, the 79 (79%) subject were males, residential area of most of the subjects 66 (66%) belongs to urban area, majority of the subjects 46 (46%) were belong to nuclear family, 57 (57%) subjects had one number of sibling and most of the subjects 68 (68%) belonged to 4-5 hours average usages of cell phones and computer per day.

In pre-test, 18% subjects had poor knowledge, majority of the subjects i.e.70% had satisfactory knowledge, minority of the subjects 12% had good knowledge and nobody was in excellent group regarding Cyberbullying and it's prevention.

While in post-test, out of 100 subjects 6% had satisfactory knowledge, 57% of the subjects had good knowledge and 37% had excellent knowledge about Cyberbullying and it's prevention.

The comparison between the mean of pre-test and post-test for knowledge showed that the mean of differences was 10.28, the calculated 't' value was 19.98. It showed that there was a significant improvement in the knowledge of adolescence regarding Cyberbullying and it's prevention.

It shows that there was a significant improvement in the knowledge of adolescence regarding Cyberbullying and it's prevention, the null hypothesis H₀ is rejected and the research hypothesis H₁ is accepted.

CONCLUSION

The analysis of the study revealed that there was a significant improvement in the level of knowledge of adolescence. The planned teaching proved to be effective in improving the knowledge of adolescence in selected colleges.

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